

They Want You Weak, Sick, Dependent, And Dumbed-Down

By Joachim Bartoll | Dec. 24th, 2024

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The “Scientific” Report of the 2025 Dietary Guidelines Advisory Committee was recently submitted to the Secretaries of the U.S. Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA) and it’s perfectly inline with the ongoing dehumanization agenda, as in destroying the human race, making it weak, docile, dependent, dumbed-down and infertile. Yes, it’s the ugly, evil and very destructive plant-based agenda once again being pushed by the elites to keep the slaves in order.

So, it was hardly a coincidence that one of the most evil and mentally challenged shills on the internet, Daniel Roytas of “Humanely,” tried to debunk our natural human and species-specific diet yesterday in the most embarrassing and failing way imaginable. The most comical thing is that the little shill already looks twice his age and his face (and neck) is narrowing due to nutrient deficiencies, slowly giving him that vegan feminine soy-boy look. That is probably why he now has a poor patchy-looking

beard that mostly is grey (iodine deficiency.) He better watch out, or those annoying and slow-witted transvestigators who are clueless about human anatomy, physiology and the impact of nutrition, will call him out as a female-to-male world stage actor.

Well, hopefully most people ignore that little evil government actor and I'm sure my readers have blocked him on social media a long time ago, as there's no use in wasting energy and debunking him over and over again as he is a paid shill, and his job is to spread disinformation and to hurt people. So, let's continue with the destructive guidelines set by a committee of just as clueless and evil shills as Roytas.

The quotes are from a short summary by the government and pharmaceutical shills at Medscape.

“The advisory committee that developed the report examined the scientific evidence on specific nutrition and public health topics using data analysis, systematic reviews, and food modeling.”

No, they looked at paid-for pseudo-science within the medical- and nutritional field of complete nonsense that is controlled by the food industry and the pharmaceutical industry. If they had any knowledge of real science, as in biology, physiology, and especially biochemistry, they would not have recommended anything plant-

based, as in the exact opposite of what humans need to thrive. Humans are obligate hyper carnivores and anything plant-based is detrimental to our health and wellbeing. That is simple biology, physiology, and biochemistry.

According to biological and physiological principles, humans, like any other species, have a species-specific and species-appropriate diet. The search results confirm that humans are obligate hyper carnivores, meaning they require a diet consisting mainly of animal-based foods to thrive.

- A diet consisting only of animal-based foods, such as meat, fish, eggs, and dairy products, is best suited for humans.
- Consuming plant-based foods, including fruits, vegetables, and grains, is not necessary or beneficial for human health.
- The traditional notion of humans as omnivores or facultative carnivores is incorrect, and a diet that includes animal products is essential for optimal human nutrition and well-being.

Note: The search results do not support the idea of humans as facultative carnivores, which would allow for a diet with a significant proportion of plant-based foods. Instead, the evidence suggests that humans are obligate hyper carnivores, requiring a diet dominated by animal-based foods.

Key Points:

- Humans have evolved to thrive on a diet rich in animal fats, with **a minimum of 70% animal fats or more** for optimal health and brain function.
- Our gut anatomy and physiology are adapted for efficient absorption of animal-derived nutrients, particularly fatty acids.
- The human brain, which is highly dependent on fatty acids for function and development, requires a diet rich in these nutrients.
- Evolutionary studies suggest that humans spent 2 million years as "hyper-carnivorous" apex predators, consuming mostly meat from large animals.
- Feces fossils (coprolites) of early human ancestors contain small animal bones, feathers, and eggshells, but no plant fiber or seeds, indicating a diet dominated by animal foods.
- The fatty acids found in animals (AA, DHA, EPA) make up 90% of the brain's composition, and are not readily available in plant-based foods.
- **High stomach acidity:** Humans have a pH level of 1.5, which is closer to obligate carnivores than herbivores. This acidity is ideal for digesting animal-based protein and fat.
- **Evolutionary changes:** The development of powerful throwing abilities, as proposed by Human Evolutionary Biologist Neil Thomas Roach, suggests an adaptation for hunting and consuming animal prey.
- **Fat cell structure:** Research indicates that humans have a fat cell pattern typical of carnivores, indicating an energy metabolism adapted to a diet rich in lipids and proteins.

While it is acknowledged that humans have consumed plant-based foods throughout history, these physiological adaptations suggest that our species is naturally suited for a carnivorous diet. **Following a species-appropriate carnivorous diet** may be crucial for optimal health, as **it would allow our bodies to function in harmony with their evolutionary design.**

Plant Compounds Toxic to Humans

According to biology, biochemistry, and physiology, plant compounds are inherently incompatible with human biology due to their chemical differences from compounds found in human cells. This fundamental disparity renders plant compounds toxic to the human body,

“Overall, the advisory committee defined a “healthy dietary pattern” as one that is “higher in vegetables, fruits, legumes (ie, beans, peas, lentils), nuts, whole grains, fish/seafood, and vegetable oils higher in unsaturated fat — and lower in red and processed meats, sugar-sweetened foods and beverages, refined grains, and saturated fat.”

The only few things that were correct here was the reduction of sugar-sweetened items and processed meat, and consuming some seafood — but only if you can source high quality and clean seafood, as a lot of what is found in supermarkets is contaminated crap. While processed meat is better than any plant-based alternative, it's still processed and thus contaminated with chemicals from that process. Meat should be consumed as is directly from the animal, and preferable as minimally cooked as possible. That is common sense. As for everything else, I have debunked and totally destroyed those retarded claims multiple times using real science. Please read the following articles for more information:

- Our natural species-appropriate diet. One “diet” to rule them all?
- Understanding Nutrition and Breaking Free from Ideology and Pseudoscience
- Coaches, Dieticians, Nutritionists, and the Tale of Nutrients, Toxins and “Science”
- Nutritional Coaches, Nutritionists, and Dietitians
- Ancestral Health Principles Twisted Beyond Recognition
- Plant Toxins, Accumulated Toxicity, Tissue Damage, And a Decreased Lifespan
- The Sattvic Diet — A Deadly Modern Vegan Construct With No Historical Basis
- The Extreme Dangers and Damage of a Fruitarian Diet (Even Short-Term)
- It’s Not Diabetes-Related Complications, It’s Carbohydrate-Related Health Complications
- Linoleic Acid, Good or Bad? It Depends On The Source — And Why All Seed/Vegetable Oils Are Extremely Toxic
- More on Cholesterol: Natural Animal-Based Foods Can Never Be Unhealthy

Or simply go to my human nutrition archive and read to your heart’s content. There are hundreds of articles there listed within different categories. Simply use the “Find” (CTRL+F) function to find a specific subject.

Quick Start: Nutrition, Supplements, and Our Natural Species-Appropriate Diet

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This is a collection of articles by me, Joachim Bartoll, to get you started on the ultimate truth about human nutrition; how we humans as obvious obligate hyper carnivores are meant to eat to thrive and maximize our life span. I worked in the Gym-, Fitness-, Health-, Sports-, Supplement-, and Medical/Pharmaceutical Industry as both a Coach/Trainer, Scientist, Educator, Writer/Author,

and Editor in Chief for more than 28 years combined. I began coaching elite athletes ... Continue reading

JB Joachim Bartoll Official

Now, the U.S. Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA) have allegedly opened a “public comment period” to collect public feedback on the Scientific Report of the 2025 Dietary Guidelines Advisory Committee (Scientific Report). This 60-day public comment period opened December 11, 2024, and closes on February 10, 2025. Likely, all comments exposing the real truth will simply end up in their garbage bin, but if you want to at least make a stand, tell them what you think and feel free to link any of my material.

2025 Dietary Guidelines Public Comments to the Departments

Humans are obligate hyper carnivores, and that is an indisputable fact that we have proven, over and over again. Simply ask any ex-vegan. And unless we protect our natural way of eating, the human race will be destroyed within a few generations. The only humans that will remain will be bleak malnourished infertile zombie-like copies of what we once were.

If you need help with any kind of health problems or transitioning from your current way of eating to our natural species-appropriate, species-specific way of eating, I'm available for both coaching and consultation.

Coaching and Consultation

And if you found the article and my insights helpful and enjoy my daily free information, please consider donating to help pay the webhosting bills and keep the site running. And if you're interested in discussing and sharing information with likeminded people, consider joining our uncensored community at Ungovernable.se. Thank you!



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